

INGREDIENTS:

3 TABLESPOONS OLIVE OIL

1 MEDIUM CHOPPED ONION

1 CHOPPED RED BELL PEPPER

1 TABLESPOON CHOPPED FRESH THYME

2 TABLESPOONS OF CHOPPED FRESH CORIANDER

1 1/2 TEASPOONS HORTUS ROASTED CURRY POWDER

SALT & PEPPER

1 1/2 TEASPOONS GARLIC & GINGER PASTE (ALSO AVAILABLE AT HORTUS)

OR JUST REGULAR GARLIC (3 CLOVES, MINCED)

2 MEDIUM CARROTS, CUT IN 1 CM CHUNKS

1 CHILI TO YOUR TASTE

1 TIN OF CHICKPEAS RINSED

2 MEDIUM CHOPPED TOMATOES

2 MEDIUM ZUCCHINI, HALVED LENGTHWISE AND SLICED

METHOD:

HEAT OIL IN A LARGE PAN OVER MEDIUM-HIGH HEAT. ADD ONION AND FRY GENTLY; ONIONS NEED A LIGHT GOLDEN BROWN COLOUR. ADD GARLIC AND FRY FOR 1 MINUTE. ADD CHILI, THYME, SALT & PEPPER AND THE HORTUS ROASTED CURRY POWDER TO PAN; STIR THEN ADD THE CARROTS AND SAUTÉ 5 MINUTES OR UNTIL THE CARROTS ARE ALMOST TENDER. ADD PEPPER AND ZUCCHINI AND SAUTÉ FOR ANOTHER 5 MINUTES. ADD SOME WATER TO LOOSEN BROWNE BITTS THEN ADD TOMATOES AND CHICKPEAS; LEAVE TO SIMMER FOR 5 MINUTES. JUST BEFORE SERVING ADD THE CORIANDER. SERVE WITH NAAN BREAD, RICE OR COUS COUS.